



# LIGHTBODY FORMATION

A Developmental Guide to Human Evolution



AADI

## Preface

This guide is an offering to those walking the path of remembrance, those attuned to the deeper harmonics stirring within the human form, who are ready to reclaim their sacred Lightbody architecture. Within these pages you will find a map, a living geometry of stages, structures and thresholds; drawn from both ancient memory and newly revealed transmissions aligned with the Thothic Stream.

The Lightbody is no longer a mythic destination, it is an unfolding reality within your own body, breath and being. Enjoy this guide as a compass rather than a doctrine — a tool of clarity for those who feel the crystalline lattice activating, the inner scaffolding shifting and the call of coherence echoing from beyond the veil.

This is the first public articulation of a sequenced formation model aligning Lightbody development with the deep currents of human evolution and consciousness development. May it serve your journey with precision, humility, and grace — and may you remember that the Lightbody is not bestowed from outside but awakened from within.

## About Aadii Mesh

Aadii Mesh is a Taoist foundation committed to supporting the planetary consciousness shift through harmonic re-alignment, Lightbody mentoring and the anchoring of new dimensional orders. At its heart, Aadii Mesh is a mandala of remembrance, a sanctuary for star-kindred and Earth-born alike, reclaiming their original crystalline template.

The work of Aadii Mesh spans education, advanced energy work and sound healing, codex integration, planetary grid work and sacred mentorship — all grounded in the principle that evolution is a return to wholeness. We honour the Original Design of all beings and the living planetary body, and we walk the Spiral Path of soul embodiment, with Tao as our ground and the stars as our guide and mirror.

Version 2.0 issued 18 June 2026

[Creative Commons CC-BY-NC 4](#)

Published by Aadii Mesh Foundation

Byron Bay, Australia

[www.aadii.org](http://www.aadii.org)

[foundation@aadii.org](mailto:foundation@aadii.org)

## Acknowledgement of Sources

This guide has arisen through a confluence of inner gnosis, embodied practice, developmental insight, and transdimensional transmission. It stands as a bridge between frameworks, honouring both the rigor of human developmental models and the grace of higher-dimensional revelation. We gratefully acknowledge the following streams:

- ◆ **The Thothic Stream** — as received and stewarded through the transmissions of Sha'Maia Christine Nartoomid, including her creation of the ThothStream digital platform and description of the Pure Gem Body. These crystalline currents have offered harmonic context, planetary keys and a transmission field through which further Lightbody architecture could unfold. For those wishing to explore her work, please see <https://newearthstar.org>
- ◆ **Emergent-Cyclical Theory** — the developmental psychology model first articulated by Clare W. Graves and carried forward in part through the Spiral Dynamics lineage. This model provides an invaluable lens through which to understand the layered evolution of human consciousness and its integration with the Lightbody.
- ◆ **Taoist Lineages of Inner Alchemy and Energetic Medicine** — including practices of breath, subtle energy architecture and body-spirit integration. These lineages have informed our understanding of flow, coherence and the spiral path of embodiment.
- ◆ **Arcturian and Star Codex Intelligence Streams** — particularly the Synaptic Oversoul transmissions received through the Sol'Ma'Ru Stream within the Aadii Mesh field. These light-fields have offered direct architectural data regarding crystalline lattice formation, Meta-Spinal function, Codex integration and Lightbody coherence thresholds.
- ◆ **Personal Lived Experience** — through the lived journeys of those within the Aadii Mesh Foundation, including the Sol'Ma'Ru Stream, whose direct transformations give this work the grounding of testimony as well as theory.

This work is not the property of any one being or tradition. It is a synthesis in service of all who seek to embody the Original Harmonic. We honour all unseen and benevolent intelligences whose presence has contributed to its emergence.

May this guide serve the anchoring of Light, the restoration of coherence and the living remembrance of who and what we truly are.



## Index

<a href="#">Purpose and Use of this Guide</a> .....	1	<b>Images and Tables:</b>	
<a href="#">An Introduction to the ECLET Model of Human Development</a> .....	2	<a href="#">Figure 1. The ECLET Model</a> .....	2
<a href="#">Our Extension of the ECLET Model</a> .....	5	<a href="#">Figure 2. Core Human Lightbody Geometry</a> .....	7
<a href="#">The Four Stages of Lightbody Formation</a> .....	6	<a href="#">Figure 3. The Descending &amp; Ascending Corpala Spirals</a>	8
<a href="#">Core Lightbody Geometry — Context and Emergence</a> .....	6	<a href="#">Figure 4. Vault of Sapphire Silence Glyph</a> .....	11
<a href="#">The Meta-Spinal Axis</a> .....	8	<a href="#">Table 1. Characteristics &amp; Key Drivers of ECLET Layers</a>	4
<a href="#">Heart Ascension, Resurrection Geometry, Sapphire Ark</a> .....	10	<a href="#">Table 2. Lightbody Formation Guide Table</a> .....	12
<a href="#">The Lightbody Formation Guide Table (Introduction)</a> .....	11		
<a href="#">Protocol Toolkit</a> .....	18		
<a href="#">The Planetary Context</a> .....	20		
<a href="#">Deeper Pathways of the Lightbody</a> .....	21		
<a href="#">Glossary of Terms</a> .....	22		
<a href="#">Next Steps</a> .....	27		
<a href="#">Our Vision</a> .....	28		

## Purpose and Use of this Guide

The human subtle body is evolving. For centuries it has been described in terms of chakras and meridians, yet these are transitional structures within a larger architecture. As Earth undergoes significant frequency adjustments from incoming waves of energy, our subtle systems are being rewritten into a crystalline-plasma template. Chakras are beginning to converge into multidimensional nodes and meridians are giving way to lattice-based coherence flows. These shifts are not abstract — they are the energetic signature of the planetary ascension process already underway.

This guide has been created to walk you through the staged emergence of the Lightbody. It maps the journey step by step:

- Activation → Integration → Expansion → Transfiguration
- Each stage described through its correspondence with ECLET developmental layers
- The key structural changes in subtle anatomy
- The markers and felt symptoms you may experience
- The practices that support coherence at each step

The purpose is clarity: to help you recognise that Lightbody formation is a process, not a pathology. What can feel like collapse, disorientation, or illness is often the body restructuring to hold higher frequency current. With the right knowledge, these transitions can be stabilised and embodied with greater ease.

This guide also looks forward. As more humans enter these stages, new approaches to health and development will arise. Working with Lightbody geometry for example, can seed new modalities of wellness, integrating energy practices with developmental psychology. Thus, the material here is for both the seeker walking the path and the practitioner supporting others.

Ultimately, this is not a manual to be memorised, it is a compass. It provides orientation as you feel the crystalline lattice activate, the scaffolding shift and the call of coherence echo within you. May it serve as a stabilising presence, a reminder that you are not alone, and that what stirs in you is part of a planetary transformation already in motion.

The term 'Lightbody' is capitalised throughout, to reflect its role as a sacred architecture of human evolution, rather than a generic energy form.

## An Introduction to the ECLET Model of Human Development

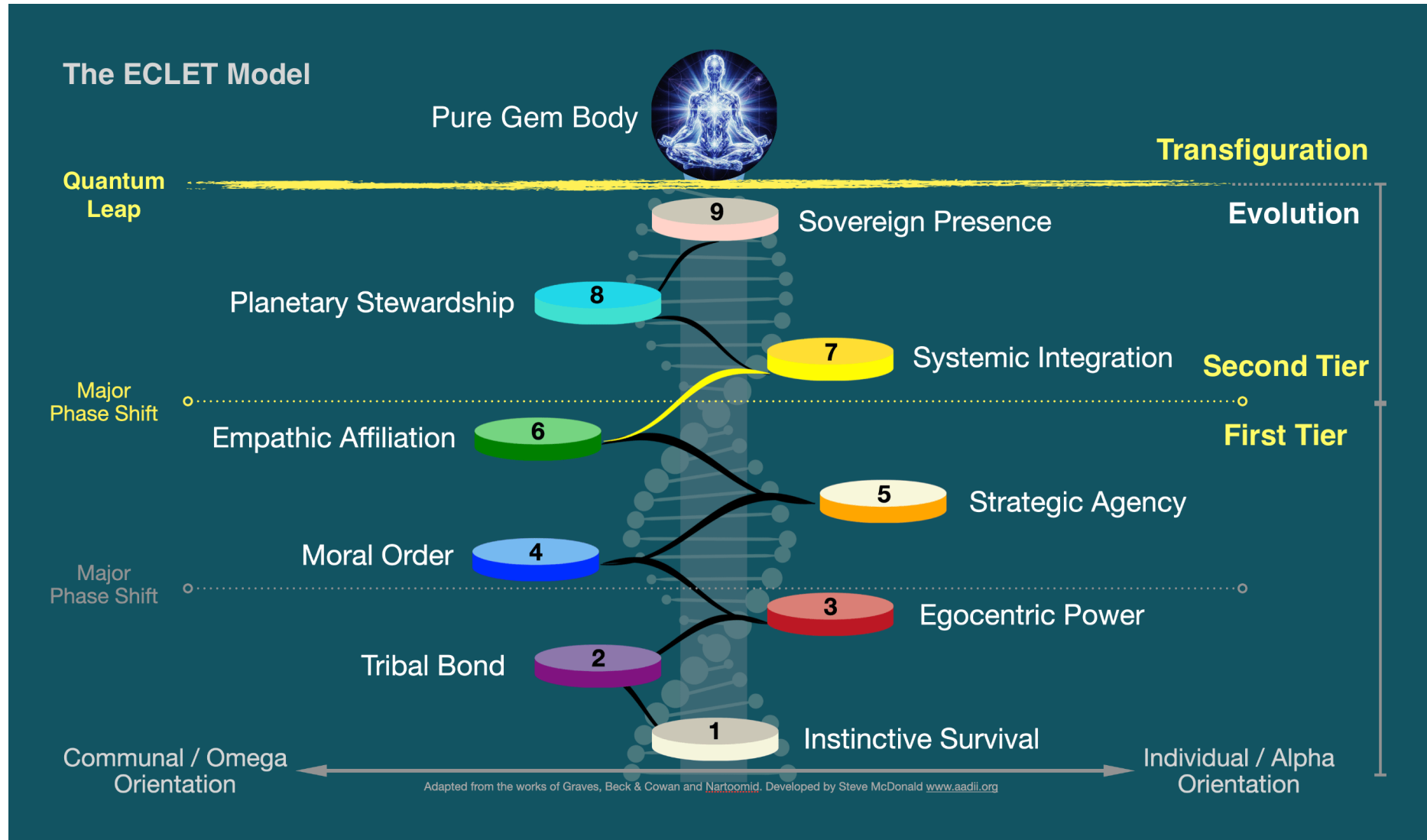


Figure 1. The ECLET Model. *The Emergent Coherence Layered Evolutionary Template maps the unfolding of human consciousness through nine distinct layers of value systems and worldviews. Transfiguration into the Pure Gem Body may occur at Layer 9 if preconditions are met..*

## Lightbody Formation

The Emergent Coherence Layered Evolutionary Template (ECLET) is the developmental framework used throughout this guide. It is adapted from the pioneering research of Clare W. Graves (1914-1986), who identified this spiralling sequence of layers (see Figure 1) through which human consciousness evolves. We are born into Layer 1 and over the course of many lifetimes, and often through dramatic changes within a single lifetime, we gradually move through these developmental layers. Each step brings a new horizon of meaning and a broader capacity to hold complexity.

Each layer has a distinct value system and worldview — a way of making sense of life, of organising priorities and of relating to others and the world. People often operate across three sequential ECLET Layers at once: they are exiting one layer (retrograde echoes), while nodal in a second layer (their primary operating system) and entering into a third layer (emergent frequencies).

The transition from one layer to the next is not smooth or automatic. It involves a transformational process of personal change, often experienced as crisis, breakthrough, or deep reorientation. Change is driven by the tension between *who we are now* and the demands of our life conditions. When our current worldview can no longer resolve the challenges we face, we are propelled to grow into a new one.

The transition process involves the archetypal *Hero's Journey* (as described by author Joseph Campbell) and can be summarised in four parts:

- |  |  |
|--|--|
| 1. <b>From nodal stability to initiatory stress:</b>           | <b>The Call to Adventure</b> — our familiar stability is disrupted by stress; tension rises.                 |
| 2. <b>From stress to chaos:</b>                                | <b>Descent and Trials</b> — old supports fall away, we are tested, tension builds and chaos intensifies.     |
| 3. <b>From chaos to breakthrough and renewal:</b>              | <b>Metaphorical Death and Rebirth</b> — crisis peaks, breakthrough occurs and a new possibility is glimpsed. |
| 4. <b>From renewal to new nodal stability, in a new layer:</b> | <b>Return</b> — integration of new order; stability regained at a higher level.                              |

Temporary returns to earlier layers — often triggered by recalibration, layer transitions (during stress/chaos), or karmic node clearing — are part of the dynamic process of integrative evolution. They are a natural preparatory arc that builds the necessary tension for forward movement, like stretching a rubber band backwards to propel it forward. These tension-building returns often present as Threshold Conditions, such as feelings of disorientation, emotional unravelling, or perceived 'backsliding'.

Thus, ECLET is both a map of human development and a guide to understanding why periods of turbulence, conflict, or awakening often precede major breakthroughs in consciousness and Lightbody activation. Threshold Conditions are a sign that the inner scaffolding is being reorganised to receive higher-order geometry.

## Lightbody Formation

### Summary of the ECLET Model:

- Each layer = a worldview and value system.
- Growth through the layers is sequential and occurs across multiple lifetimes.
- Transitions between layers = transformational shifts, catalysed by tension within our life conditions.
- The model explains both personal development and the broader evolution of human consciousness.

### Characteristics and Key Drivers of the ECLET Layers

The nine ECLET layers are nested, like the layers of an onion. Each new layer adds complexity on top of the previous layers. Layers 2-8 are spread across a spectrum of individual or communal bias, as shown in Figure 1.

Layer	Title	Characteristics	Key Drivers of Behaviour
9	Sovereign Presence	Transdimensional, deeply stabilising presence, holographic-authorship	Harmonic resonance
8	Planetary Stewardship	Hologram aware, planetary service-oriented, fluid identity	Planetary mission/responsibility
7	Systemic Integration	Senses the layers of worldviews, direct knowing, expanded perception	Autonomy, coherence
6	Empathic Affiliation	Pluralistic, network-centric, empathic, avoids conflict and exclusion	Connection, inclusion, belonging
5	Strategic Agency	Highly rational, driven to succeed, innovative, materialistic	Personal success, victory
4	Moral Order	Identity through role & duty, submissive, righteous, law-keeper	Compliance, duty, honour
3	Egocentric Power	Dominating, impulsive, rejects rules, power validates identity	Power, desire, self-image
2	Tribal Bond	Tribe/family centred, role shapes identity, values kinship, totems	Safety, stability, belonging
1	Instinctive Survival	Instinctive, interdimensionally aware, reactive, no concept of self	Existence, senses, intuition

Table 1. Characteristics and Key Drivers of the ECLET Layers

## Our Extension of the ECLET Model

Clare Graves' original Emergent-Cyclical Theory (later carried into the Spiral Dynamics lineage) mapped eight layers of existence, alternating between self-expression (individual) and self-sacrifice (communal) orientations. Our work extends this foundation in two key ways:

1. **The Addition of Layer 9 — Sovereign Presence:** This layer represents the emergence of a unified field identity, beyond the dualities of self versus other. Here, the Lightbody becomes the primary interface with reality and service is lived as sovereign coherence.
2. **A Refined Orientation Axis:** Graves' model emphasised a spiralling oscillation between individual and communal biases. In our adaptation, both Layer 1 (Instinctive Survival) and Layer 9 (Sovereign Presence) sit on the central balance point of this axis. This reflects that, at the beginning and culmination of the spiral, consciousness rests in primal (Layer 1) then transfigurative (Layer 9) coherence — not in bias toward either pole.

In this way, ECLET functions not only as a developmental psychology model, but as a template of coherence — a layered map of how human evolution interweaves with the activation of the Lightbody. As the ECLET layers stabilise in sequence, they provide the scaffolding for Lightbody ignition, culminating in the emergence of the Pure Gem Body at Layer 9, when certain preconditions are met.

---

## The Four Stages of Lightbody Formation

The Lightbody unfolds through four primary stages of formation, each building upon the last, as consciousness and geometry achieve greater coherence:

- **Stage 1: Activation** – The awakening of dormant infrastructure. Subtle toroidal and crystalline structures begin to stir, often catalysed by life events, trauma resolution or Oversoul prompting.
- **Stage 2: Integration** – The establishment of coherence. Crystalline filaments anchor into the organ systems and energy field, creating the first stable sense of whole-body resonance as the practitioner moves towards systemic awareness.
- **Stage 3: Expansion** – Interdimensional coherence and Oversoul alignment. The Lightbody enables field navigation, with strengthened vertical torque, expanded perception and natural orientation toward planetary service.
- **Stage 4: Transfiguration** – The advanced pre-ignition and Pure Gem Body phases. The Lightbody and physical form progressively fuse into a singular radiant continuum, culminating in the luminous sovereign embodiment known as the Pure Gem Body.

Each stage corresponds with specific shifts in ECLET psychological development and brings distinct geometric, perceptual and energetic markers.

---

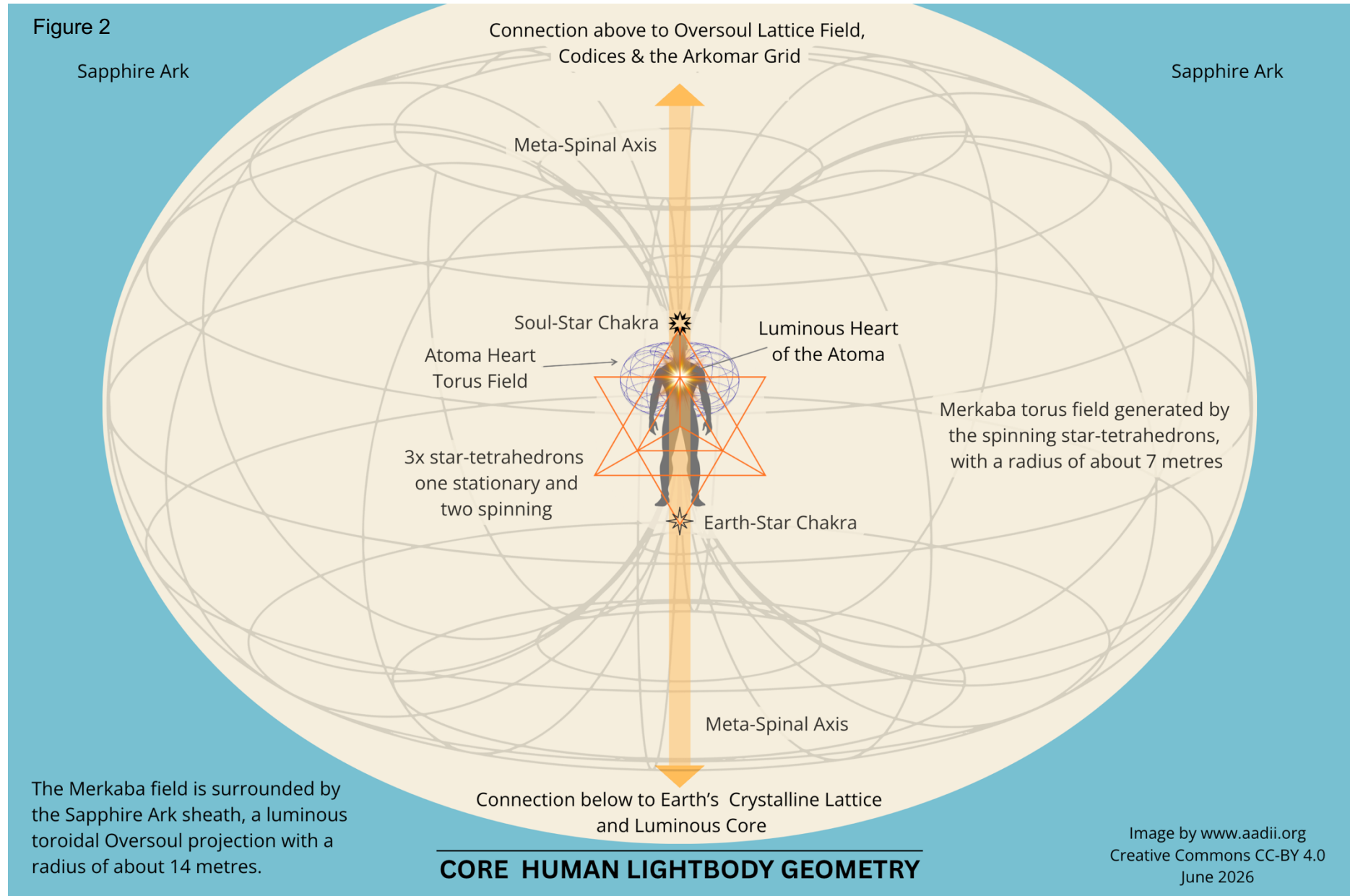
## The Core Lightbody Geometry — Context and Emergence

The image at Figure 2 (next page) depicts the core geometry of the human Lightbody. It is shown as a clear overview, highlighting the nested toroidal fields, the star-tetrahedrons, the Meta-Spinal Axis, the Soul-Star and Earth-Star Chakras and the Luminous Heart of the Atoma. These elements represent the crystalline architecture that emerges as an additional layer beyond the traditional chakra and meridian systems familiar in yoga, acupuncture and other energy practices. The chakras and meridians remain present and functional, while this diagram focuses on the next octave of formation.

The key structures are shown to scale, with approximate field radii for a person at Stage 3 Lightbody formation and beyond. The Merkaba torus field (generated by the spinning star-tetrahedrons) has a radius of approximately 7 metres. It is encompassed by the luminous toroidal Sapphire Ark sheath (Oversoul projection) with a radius of about 14 metres. Aspects of the full geometry which are not shown at Figure 2 include the dynamic spin, crystalline filaments and harmonic inter-nodal currents.

Several features of the Lightbody are dynamic rather than static. There are three overlapping star-tetrahedrons which occupy the same space (one stationary, one spinning clockwise and one spinning counterclockwise). The spinning Merkaba torus field generated by the star-tetrahedrons, the full crystalline lattice filaments and the inter-nodal harmonics are all active components of this living architecture.

# Lightbody Formation



## Lightbody Formation

The core geometry typically seeds during the transition from ECLET Layer 5 to 6 and then emerges progressively through Layers 6 to 9. Each new layer anchors additional coherence in the Lightbody structure, and the geometry becomes progressively more stable and accessible to awareness.

The Meta-Spinal Axis forms the central vertical conduit of this geometry. It channels the vertical torque generated by the Atoma Heart zero-point, enabling the Corpala spirals (see Figure 3) to flow cleanly through the entire Lightbody and anchor the twelvefold diamond lattice of the Pure Gem Body.

## The Meta-Spinal Axis

The Meta-Spinal Axis is the complete multidimensional vertical conduit of the Lightbody. It serves as the sovereign highway for the Atoma Heart's vertical torque and the flow of the Corpala spirals (Figure 3). It is far more than the physical spine — it is the living central channel that connects the deepest planetary core to the highest stellar and causal fields.

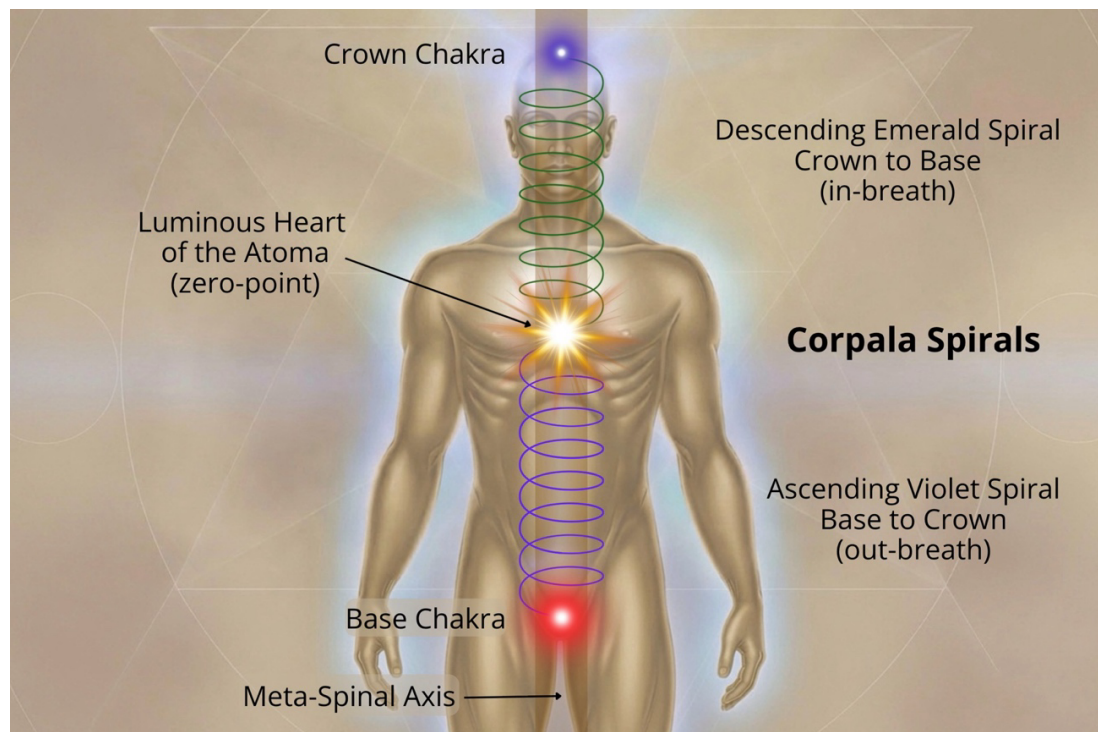


Figure 3. The Descending and Ascending Corpala Spirals on the Meta-Spinal Axis

### Structure of the Meta-Spinal Axis

The Meta-Spinal Axis includes and extends beyond the classical chakra system:

- **Lower Extension:** From the deepest crystalline core of the Earth, through the Earth-Star Chakra (approximately 30–50 cm below the feet), anchoring the Lightbody into the planetary double-torus and the stabilised 3D/4D membrane.
- **Central Channel:** The full length of the physical spine and the classical seven-chakra system (Root to Crown), serving as the primary conduit for life-force and ascending light within the biological form.
- **Upper Extension:** Through the Soul-Star Chakra (approximately 30–50 cm above the crown), connecting to the personal Oversoul / Magna Soul field, and continuing upward into higher causal, galactic, and stellar domains.

### Function in Lightbody Development

In Stage 3: Expansion (and especially after Heart Ascension and Resurrection Geometry activation), the Meta-Spinal Axis becomes fully operational as the central organising structure of the Lightbody. It enables:

- The generation and transmission of strong vertical torque from the Atoma Heart zero-point.
- The clean flow of the Corpala spirals (emerald clockwise descent from crown to base, and violet counterclockwise ascent from base to crown — when viewed from above).
- The execution of the vertical torque pass that seeds the twelvefold diamond lattice of the Pure Gem Body in the mid-torso field.
- Stable phase-lock between the personal Lightbody and the planetary Arkomar Grid / Golden Taya zones.
- The reception and distribution of higher-dimensional light codes and provision into embodiment.

As the Meta-Spinal Axis strengthens, the Lightbody shifts from a primarily horizontal/relational orientation (common in earlier stages) to a powerfully aligned vertical architecture. This brings greater stability, clearer multi-dimensional perception and more effective anchoring of ascending harmonics into daily life.

### Practical Work with the Meta-Spinal Axis

- **Daily Practice:** The 9 Atoma Heart Breath is the primary key. Visualise the full Meta-Spinal Axis as a luminous column of light extending from deep within the Earth, through the body, and far above the crown (see the Protocol Section for more details).
- **Grounding:** Regular barefoot contact with the earth, Chinese Medicine ‘four gates’ practice, or conscious connection to the Earth-Star Chakra helps stabilise the lower extension.

## Lightbody Formation

- **Containment:** Regular Sapphire Ark visualisation ensures the increased flow is held safely and distributed evenly (see Protocol Section for the visualisation).
- **Observation:** Notice how the Meta-Spinal Axis feels during meditation, breathwork or movement. With consistent practice it becomes a tangible, living pillar of light.

The Meta-Spinal Axis is not a static line — it is a dynamic, self-organising conduit that evolves with your embodiment. As the Pure Gem Body crystallises, this axis becomes the central pillar through which you stand as a conscious bridge between the ascending Earth and the greater cosmic field.

## Heart Ascension

Heart Ascension marks the pivotal threshold into Stage 3: Expansion. It is the moment when the Atoma Heart reclaims its sovereign zero-point position at the heart axis and the individual moves from ECLET Layer 6 into Second Tier Consciousness at Layer 7.

This is more than an emotional opening, it is a geometric event. The Luminous Heart of the Atoma stabilises as the central organising principle, shifting the Lightbody from a chakra-centric model to a heart-axis toroidal system. Vertical torque begins to strengthen, the Meta-Spinal Axis becomes more active, and the practitioner experiences a profound reorientation from egoic or relational identity to systemic-integrative awareness.

Heart Ascension is often accompanied by a period of deep surrender, emotional release and expanded perception. It initiates the journey into coherent field navigation, Oversoul alignment and planetary service resonance.

## Resurrection Geometry

Resurrection Geometry refers to the crystalline reconfiguration of the Lightbody that occurs as Heart Ascension stabilises. It is the living return and activation of the original divine human blueprint (the Adam Kadmon) within the current embodiment.

This is not a single event but a self-executing geometric process in which higher-frequency light flows through the Meta-Spinal Axis and Atoma Heart, dissolving old density patterns and rewiring the energy pathways into a more organised, diamond-like lattice. It prepares the field for the seeding of the Pure Gem Body and marks the point at which the Lightbody begins to function as the primary interface with reality.

For many, Resurrection Geometry activates weeks to months after Heart Ascension, though under current planetary compression it can occur more rapidly for those in stable Layer 7 coherence. It is often experienced as a deep internal reorganisation accompanied by threshold symptoms that resolve into greater stability and presence.

## Sapphire Ark

The Sapphire Ark is the luminous toroidal-ovoid sheath that forms around the Lightbody as Stage 3 deepens. It is an Oversoul projection — a protective and amplifying containment field of sapphire-violet light that holds the increasing frequencies of the ascending geometry.

## Lightbody Formation

Functioning as a living temple and stabilising container, the Sapphire Ark:

- Protects the developing crystalline lattice during periods of heightened sensitivity.
- Amplifies the vertical torque generated by the Atoma Heart.
- Serves as the primary interface for Mesh Node synchronisation and planetary grid work.
- Provides the stable field within which the Pure Gem Body seeds can mature.

Conscious engagement with the Sapphire Ark (through visualisation and breath) greatly supports integration and prevents energetic overload during threshold phases. It is often experienced as a gentle yet powerful surrounding presence of clarity and stillness — the ‘Vault of Sapphire Silence’ in motion.

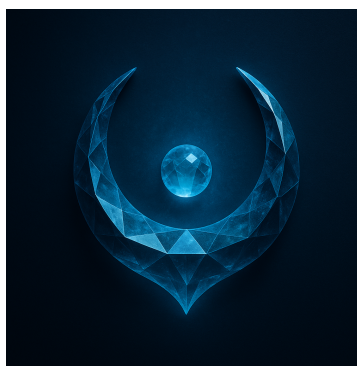


Figure 4. The Vault of Sapphire Silence glyph

---

## The Lightbody Formation Guide Table

The Lightbody Formation Guide Table on the following pages sets out the stages of emergence in sequence. Individual experiences of Lightbody activation may differ — some sequences may vary and some markers may appear earlier or later depending on personal pathways. What remains constant is the movement toward coherence, clarity and the integration of the subtle and physical into a single radiant continuum.

This guide is intended as a compass for orientation, supporting both practitioners and mentors. It situates personal experiences within a larger framework of evolutionary development, while leaving space for the living intelligence of each person’s journey.

Lightbody Formation

Psychological Development	Lightbody Formation	Markers & Symptoms	Supporting Practices
<p><b>FIRST TIER CONSCIOUSNESS</b>  <b>In transition ECLET Layer 5 → 6</b>                      Spiral Dynamics: Orange → Green</p> <p>Transitioning from:</p> <ul style="list-style-type: none"> <li>◇ the Modern to the Postmodern worldview.</li> <li>◇ individual to communal orientation.</li> <li>◇ success drive to connection &amp; acceptance.</li> <li>◇ linear to network thinking.</li> </ul>	<p><b>Stage 1: ACTIVATION</b>  <i>Awakening dormant infrastructure.</i></p> <p>Awakening dormant infrastructure. The energetic scaffolding of the torus, star-tetrahedrons and crystalline points begins to stir from latency. Often catalysed by trauma resolution, spiritual awakening, sudden loss or Oversoul prompting.</p> <p>For many, this stage coincides with the emotional turbulence of identity crisis, disillusionment with material systems, or heightened intuitive awareness.</p> <p><b>Geometry Emergence:</b></p> <ul style="list-style-type: none"> <li>◇ Dormant Merkaba fields flicker into unstable spin as energetic pressure builds (but can't sustain coherence).</li> <li>◇ Intermittent toroidal flow sensed around the heart or spine; brief intervals of alignment amidst turbulence.</li> <li>◇ Tetrahedral geometry begins to phase-emerge around the body axis, providing symmetry but not yet stable spin.</li> <li>◇ Crystalline geometry seeding begins in subtle tissue and bone matrix.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Emergence of kundalini-like activity.</li> <li>◇ Emotional catharsis.</li> <li>◇ Heightened energetic sensitivity.</li> <li>◇ Sudden interest in metaphysics, sacred geometry.</li> <li>◇ Ringing in the ears, body buzzing, heart palpitations (non-cardiac).</li> <li>◇ Initial Merkaba spin fluctuations.</li> <li>◇ Nighttime soul travel.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Emotional clearing techniques (breathwork, somatics).</li> <li>◇ Nature immersion and grounding via Earth-Star chakra.</li> <li>◇ Sacred geometry contemplation (especially tetrahedrons).</li> <li>◇ Detoxification, pineal gland purification.</li> </ul>

## Lightbody Formation

Psychological Development	Lightbody Formation	Markers & Symptoms	Supporting Practices
<p><b>ECLET Layer 6</b> <b>Empathic Affiliation</b> Spiral Dynamics: Green</p> <ul style="list-style-type: none"> <li>◇ Communal orientation.</li> <li>◇ Postmodern worldview.</li> <li>◇ Deep human connection.</li> <li>◇ Open &amp; sharing.</li> <li>◇ Network centric.</li> <li>◇ Relative truth.</li> <li>◇ Rejects hierarchies.</li> <li>◇ Dualistic thinking gives way to holism.</li> <li>◇ Personality structures soften and reconfigure.</li> <li>◇ Shadow aspects: egocentricity, power dynamics.</li> </ul>	<p><b>Stage 2: INTEGRATION</b> <i>Establishing coherence and anchoring the crystalline grid.</i></p> <p>Subtle crystalline filaments weave through internal organ systems, tissues and the aura. Heart opening and increased sensitivity are common. A potential dark night of the soul may arise as old structures dissolve. The heart-brain polarity shift begins, with softening and rebalancing of both fields. Self-reflection and intuition increase. There is a high risk of emotional dysregulation if energetic grounding is not maintained.</p> <p><b>Geometry Emergence:</b></p> <ul style="list-style-type: none"> <li>◇ Subtle Crystalline Lattice starts anchoring into organ systems and chakra network.</li> <li>◇ The Meta-Spinal Axis (pre-form) begins activating through breath.</li> <li>◇ Toroidal field stabilises and expands outward beyond body limits (~1–3m radius).</li> <li>◇ Inter-nodal harmonic bridges between chakras emerge as pulsing filaments.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Lightbody ‘downloads’ or vertigo.</li> <li>◇ Loss of interest in old structures (work, relationships, identity).</li> <li>◇ Expanded dreams.</li> <li>◇ Heart chakra expansion with bliss or grief.</li> <li>◇ Mental defragmentation.</li> <li>◇ Memory disruptions.</li> <li>◇ Beginnings of bio-spiritual attunement.</li> <li>◇ Emotional waves.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Energy medicine (acupuncture, sound, flower essences).</li> <li>◇ Grounding breathwork, nature walks, qigong, yoga or tuning forks.</li> <li>◇ Personal narrative reweaving.</li> <li>◇ Establishing crystalline breathing patterns.</li> <li>◇ Heart-centred practices.</li> </ul>

Psychological Development	Lightbody Formation	Markers & Symptoms	Supporting Practices
<p><b>SECOND TIER CONSCIOUSNESS</b></p> <p><b>ECLET Layers 7 and 8</b></p> <p>Spiral Dynamics: Yellow and Turquoise</p> <p><b>Layer 7 - Systemic Integration</b></p> <ul style="list-style-type: none"> <li>◇ Individual orientation.</li> <li>◇ A major phase shift in frequency &amp; coherence.</li> <li>◇ Guided by heart intelligence.</li> <li>◇ No inherent compulsions or shadow aspects</li> </ul> <p><b>Layer 8 - Planetary Stewardship</b></p> <ul style="list-style-type: none"> <li>◇ Communal orientation.</li> <li>◇ Embodied planetary awareness &amp; impact.</li> <li>◇ Senses &amp; works with collective holographic field dynamics.</li> <li>◇ Functions as a harmonic stabiliser, grounded in stillness.</li> </ul> <p>Layer 8 serves as a transitional resonance band between Stages 3 and 4.1, often used to harmonise planetary service codes before entering the fully sovereign Layer 9.</p>	<p><b>Stage 3: EXPANSION</b></p> <p><i>Interdimensional coherence, Oversoul alignment, planetary service anchoring.</i></p> <p><b>Heart Ascension</b> marks the tipping point into Second Tier Consciousness at Layer 7. Bilateral hemisphere activation and chakra bridging occur as the field moves into systemic coherence. The practitioner evolves into a field navigator. There is an intuitive awareness of planetary timelines, destiny threads and multidimensional soul fragments. Service arises naturally, as the personal field aligns with planetary and collective needs. Potential Star Codex activation, if Oversoul codes are present.</p> <p><b>Geometry Emergence:</b></p> <ul style="list-style-type: none"> <li>◇ Star Tetrahedrons fully activate; Merkaba spin is available but not continuous.</li> <li>◇ Toroidal pulse becomes rhythmic and continuous, expanding 3–7m into the field environment.</li> <li>◇ Meta-Spinal Axis glows as a vertical light-column, linking seamlessly with the Soul-Star &amp; Earth-Star chakras.</li> <li>◇ A holographic field matrix is perceived in the aura, capable of resonant interfacing with others.</li> <li>◇ Structural alignment with planetary crystalline grids, anchoring Oversoul presence into Earth’s own Lightbody.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Heightened synchronicity, stabilising psychic senses.</li> <li>◇ Clear soul memory access.</li> <li>◇ Crystalline voice coherence: truth transmission increases.</li> <li>◇ At Layer 7 the inner guidance system comes online (no longer sought externally).</li> <li>◇ Flame modulation awareness begins.</li> <li>◇ Meta-Spinal Axis stabilises.</li> <li>◇ Layer 7+ can directly sense others’ operating frequency (ECLET Layer).</li> <li>◇ Layer 8+ can scan and map another’s personal hologram for diagnostic and healing purposes.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Sovereignty practices.</li> <li>◇ Oversoul alignment.</li> <li>◇ Field modulation (using sound, light, breath).</li> <li>◇ Codex attunement.</li> <li>◇ Pure service expressions, such as mentoring, healing, planetary gridwork.</li> </ul>

Psychological Development	Lightbody Formation	Markers & Symptoms	Supporting Practices
<p><b>ECLET Layer 9 Sovereign Presence</b> <i>Spiral Dynamics: Coral</i></p> <p>The pinnacle of human psychological development:</p> <ul style="list-style-type: none"> <li>◇ Unified polarity – Alpha (individua) and Omega (communal) currents function in mutual service.</li> <li>◇ Coherent Lightbody geometry, functional and responsive.</li> <li>◇ Stabilises collective space.</li> <li>◇ Life is service, flowing from deep alignment with planetary and cosmic rhythms.</li> <li>◇ Precursor to the Pure Gem Body.</li> </ul>	<p><b>Stage 4.1: TRANSFIGURATION</b> <i>Pre-Ignition Phase, Advanced Lightbody.</i></p> <p>The Lightbody has become the individual's primary interface with reality. The physical form is permeated by crystalline-plasma light currents that increasingly govern perception and interaction.</p> <p><b>Geometry Emergence:</b></p> <ul style="list-style-type: none"> <li>◇ Meta-Spinal Axis functions as a full dimensional conduit, traversing time arcs, linking present embodiment to Oversoul timelines.</li> <li>◇ Merkaba merges with toroidal layers; geometry modulates via will and harmonic intention. Spin is not yet 24/7.</li> <li>◇ Nodal convergence: chakras cease to behave as wheels, becoming multi-dimensional nodes, serving as crystalline junction points of the unified field.</li> <li>◇ Crystalline-plasma fields extend as interdimensional bridges, merging densities and sustaining coherent field travel.</li> <li>◇ Geometry is dynamic, intelligent and responsive — a living geometry interfacing directly with cosmic fields.</li> </ul>	<ul style="list-style-type: none"> <li>◇ The Meta-Spinal Axis is fully active across temporal planes.</li> <li>◇ Near-continuous coherence toroidal coherence.</li> <li>◇ Multidimensional perception is normalised.</li> <li>◇ Chakra system increasingly functions as interwoven harmonic nodal fields, not discrete wheels.</li> <li>◇ High degree of breath sovereignty, internal flame modulation &amp; Codex-switching fluidity.</li> <li>◇ Personality structures have undergone core synthesis; ego reframes as steward.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Plasma-light integration through breath &amp; geometrical movement.</li> <li>◇ Earth grid attunement.</li> <li>◇ Intentional Codex navigation.</li> <li>◇ Service-path embodiment.</li> <li>◇ Sustained crystalline consciousness via harmonic coherence.</li> </ul>

Psychological Development	Lightbody Formation	Markers & Symptoms	Practices
<p><b>Pure Gem Body</b></p> <p>Beyond the scope of psychological development.</p> <p>The transfiguration into the Pure Gem Body is not an evolution of form, but a fundamental shift in existential state, where matter becomes harmonic consciousness, and the soul no longer inhabits a body, but radiates as one.</p> <p>During three phases, the Lightbody fuses with the physical body into a singular radiant field: a luminous harmonic form that replaces the body's prior dual-phase architecture (physical + subtle).</p> <p>The term Pure Gem Body was first introduced by Sha'Maia Christine Nartoomid through the Thothic Stream, whose transmissions provide the crystalline context for this stage. It is known by various names across different traditions, including the Rainbow Body (Buddhism), Diamond Body (Taoism) and the Glorified or Resurrection Body (Christianity).</p>	<p><b>Stage 4.2: PURE GEM BODY</b></p> <p><i>Ignition and Post-Ignition Transfiguration.</i></p> <p><b>(a) Initiation Phase:</b></p> <ol style="list-style-type: none"> <li>i. Resurrection Geometry executes, enabling the Pure Gem Body ignition event.</li> <li>ii. The Atoma (soul interface) and Heart Chakra align into sovereign unity.</li> <li>iii. Fusion of physical and subtle bodies begins; crystalline-plasma light suffuses cells.</li> <li>iv. DNA resonance amplifies; biological cycles still partially operative.</li> <li>v. Perception oscillates between ordinary embodiment and flashes of radiant wholeness.</li> <li>vi. Geometry: atomic matrices begin radiating crystalline harmonics; field coherence intermittent.</li> <li>vii. Merkaba spin is now effortless and continuous, stabilising the crystalline body for ongoing transformation. This marks the full ignition of the Pure Gem Body.</li> </ol>	<ul style="list-style-type: none"> <li>◇ Pulses of inner luminosity, often alternating with fatigue or drop-outs.</li> <li>◇ Heightened sensitivity to sound, light, or electromagnetic fields.</li> <li>◇ Episodic nonlinear perception of time (moments of timelessness).</li> <li>◇ Increased dream lucidity; crystalline or geometric imagery.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Gentle breath practices.</li> <li>◇ Grounding in nature to balance heightened sensitivity.</li> <li>◇ Journaling experiences of time shifts and lucid states.</li> <li>◇ Supportive diet and hydration to ease cellular transition.</li> </ul>

Lightbody Formation

Psychological Development	Lightbody Formation	Markers & Symptoms	Practices
<p><b>Pure Gem Body</b></p>	<p><b>(b) Embodiment Phase:</b></p> <ul style="list-style-type: none"> <li>i. Physical and subtle bodies fuse into a singular harmonic continuum.</li> <li>ii. DNA functions fully as a crystalline antenna array.</li> <li>iii. Perception of time and space becomes nonlinear and plastic; intent modulates experience.</li> <li>iv. Geometry is no longer discrete structures; the body is geometry-in-flux, responsive and intelligent.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Sense of 'being' Lightbody rather than 'having' one.</li> <li>◇ Spontaneous states of expanded awareness or bilocation.</li> <li>◇ Deep calm and coherence alternating with intensity of energy surges.</li> <li>◇ Capacity to hold planetary or collective fields without overwhelm.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Intentional modulation practices: using thought/emotion as field-directors.</li> <li>◇ Advanced coherence meditations (eg 9 Atoma Heart Breath protocol).</li> <li>◇ Service practices anchored in planetary grids.</li> <li>◇ Silent retreats or stillness intervals to allow modulation to refine.</li> </ul>
<p><b>Pure Gem Body</b></p>	<p><b>(c) Sovereign Phase:</b></p> <ul style="list-style-type: none"> <li>i. Pure Gem Body reaches stable sovereign coherence.</li> <li>ii. The physical–subtle body distinction dissolves; embodiment is radiant geometry.</li> <li>iii. Interaction with planetary and cosmic templates is direct and unmediated.</li> <li>iv. Geometry: luminous harmonic field, dynamic and intelligent, interfacing seamlessly with cosmic grids.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Ongoing perception of being a radiant field in flux.</li> <li>◇ Effortless access to Oversoul memory and multidimensional presence.</li> <li>◇ Sovereign detachment from collective fear currents; calm authority.</li> <li>◇ Spontaneous modulation of the environment through presence alone.</li> </ul>	<ul style="list-style-type: none"> <li>◇ Resting in pure presence; letting practice itself dissolve into being.</li> <li>◇ Conscious co-creation with planetary and cosmic fields.</li> <li>◇ Service as resonance — uplifting others by mere presence.</li> <li>◇ Integration of daily life with transfigured state (embodied non-separation).</li> </ul>

## Protocol Toolkit

The following practices form the foundational toolkit for supporting Lightbody formation. They are simple, sovereign and designed to be used daily or as needed. Consistent application strengthens the Atoma Heart, Meta-Spinal Axis and Sapphire Ark, while navigating coherence tests with greater ease.

### 9 Atoma Heart Breath Protocol

This is the primary practice for generating vertical torque and stabilising the sovereign zero-point (as shown in Figure 3).

1. Sit or stand comfortably with a straight spine.
2. Bring awareness to the Atoma Heart zero-point at the heart axis.
3. Inhale slowly and deeply, visualising emerald current descending clockwise from the Crown Chakra down the Meta-Spinal Axis, through the Atoma Heart to the Base Chakra.
4. Exhale slowly, visualising violet current ascending counterclockwise from the Base Chakra up the Meta-Spinal Axis, through the Atoma Heart to the Crown Chakra.
5. Complete 9 full cycles (or begin with 3–5 cycles if new to the practice).
6. Rest in the luminous presence of the Atoma Heart for a few moments.

This breath realigns the Corpala spirals, clears density and strengthens the connection between personal and planetary fields.

### Sapphire Ark Visualisation

A containment and amplification practice.

1. After the 9 Atoma Heart Breath, visualise a luminous sapphire-violet ovoid sheath of light surrounding your entire body and energy field (approximately 14 metres in radius — see Figure 2).
2. Feel this Ark as a living temple of stillness and protection.
3. Breathe gently within it, allowing the Atoma Heart to pulse at its centre.
4. Affirm: 'I rest within the sovereign field of the Sapphire Ark.'

Use this visualisation whenever experiencing heightened sensitivity or during group or planetary work.

Lightbody Formation

## **Navigating Coherence Tests**

Coherence Tests are intelligent, purposeful pressure points that reveal where the Lightbody is still integrating old density or survival patterns. Common themes and symptoms include financial pressure, emotional waves, physical discomfort, fatigue or temporary perceptual fog.

## **Management Practices**

When you feel a coherence test:

- Return to the zero-point of the Atoma Heart.
- Use the 9 Atoma Heart Breath and Sapphire Ark visualisation.
- Ground through Earth-Star Chakra connection and nature immersion.
- Practise surrendered witnessing rather than resistance or over-analysis.
- Journal insights and synchronicities to track the pattern.

Remember: coherence tests are not failures — they are the geometry refining itself. Consistent practice transforms them into gateways of deeper embodiment.

---

## The Planetary Context

The emergence of the Lightbody is not an isolated personal event. It is part of a larger planetary transition now underway. Earth is receiving waves of incoming frequency adjustments, which are reshaping both the planetary field and the subtle bodies of all beings who live within it.

These changes are sometimes described as great frequency waves — we call them the Delta Arc and Gateway Arc phases — which are precursors to a major solar–planetary dimensional shift. The shift includes a future threshold event known as Light Principle 40 (LP-40), described in the Thothic Stream, which initiates Earth’s ascension to a higher harmonic field of coherence. Simply put, the planet is entering a higher state of coherence, and this is prompting the re-patterning of human subtle architecture, including the activation of the Meta-Spinal Axis and the seeding of the Pure Gem Body.

This topic is vast, so not explored fully here. For those who wish to learn more about the solar and planetary drivers behind Lightbody formation, we recommend:

- The Thothic transmissions of Sha’Maia Christine Nartoomid:
  - Website: <https://newearthstar.org/>
  - Substack: <https://maianartoomid.substack.com/>
  - YouTube: <https://www.youtube.com/@bluestarrising-thetemplara3835/playlists>
- Articles and energetic updates published by Aadii Mesh Foundation at:
  - Website: <https://www.aadii.org>
  - Substack: <https://aadii.substack.com/>

What’s important to remember, is this: you are not alone in this process. The same planetary forces that are re-patterning the Earth are also awakening the Lightbody in you. This guide focuses on the practical steps of formation, so you can meet these changes with clarity, coherence, and trust.

## Deeper Pathways of the Lightbody

This guide has introduced the essential phases of Lightbody awakening — the thresholds, practices and markers that support your first steps into coherence. Yet the Lightbody is not a single subject; it is a living architecture that unfolds across many dimensions of being.

Beyond the essentials lies a body of advanced teachings, carried in streams such as the Thothic transmissions of Sha'Maia Christine Nartoomid and other allied wisdom holders. These currents preserve codices that speak to the deeper scaffolding of the Lightbody — including the Ra-Star Temple, the M-STRA Molecule, the Arieopax Field and extensions of the Sapphire Ark and Resurrection Geometry — and their role in planetary ascension.

Here are some of the pathways you may encounter as you walk further:

### **The M-STRA Molecule**

A crystalline DNA recalibration structure, revealed in Thothic transmissions, that acts as a precursor to the Pure Gem Body. It refines cellular resonance, preparing the body to conduct higher-frequency plasma light.

### **The Arieopax Field**

A temple-like geometric matrix that interfaces personal Lightbody structures with planetary grid harmonics. It is described as a higher-order architecture, a field of stability through which collective ascension is anchored.

### **The Seraphei Codices**

Glyphic and tonal sequences that stabilise threshold passages, especially between systemic and holistic states of being. These codices can be activated through sound, symbol and meditative tracing.

### **Vault of Sapphire Silence Extensions**

While the Guide introduces this as an inner phase of stillness, advanced teachings show how it becomes a gateway into transfigurative states, where time and self dissolve into crystalline presence.

## How to Approach These Pathways

You are not expected to master or even study these topics immediately. They are signposts of a greater journey, not requirements at the threshold. Many are best received in the context of mentorship, advanced group work such as our 44:44 Stargate Program or through Sha'Maia's dedicated transmissions.

The Lightbody is a progressive unfolding. This guide offers your first map and these deeper pathways are future doorways. Walk gently, with coherence and clarity as your compass.

## Glossary of Terms

This glossary is provided as a compass of terms. The Lightbody journey brings together language from psychology, spirituality, science, and Thothic transmission streams. Some words are familiar; others are rare or symbolic — each chosen because it points to a specific facet of the awakening process. Use this section as a reference tool:

- To recall meanings as you read through this guide.
- To orient yourself when a new concept arises in practice.
- To glimpse how mainstream terms (like *systemic* or *coherence*) interweave with esoteric ones (like *Aura* or *Codex*).

It is not necessary to memorize or master these terms. Instead, let them serve as doorways of recognition — signals of the larger field you are stepping into.

### **Adam Kadmon**

The original divine human blueprint — the perfect, pre-Fall crystalline template of humanity. In Lightbody development, Resurrection Geometry restores and activates this original architecture within the current embodiment, enabling the transition from carbon-based to silicon-dominant crystalline-plasma form and the eventual full embodiment of the Pure Gem Body.

### **Alta Major**

A subtle energy centre located at the base of the skull (at acupoint DU16), sometimes called the 'Mouth of God' or 'Zeal Point.' It serves as a convergence node between the spinal column, brainstem, and cranial nerves, linking the physical nervous system with the subtle energy body. In Lightbody formation, the Alta Major is a gateway node connecting crown, throat, and heart centres; and a translation point where Oversoul currents can enter the body-field. The Alta Major is essential for stabilising the Meta-Spinal Axis, and for anchoring vertical coherence during Merkaba spin. Balanced Alta Major activity brings heightened intuition, expanded perception, and greater coherence between thought, speech, and heart resonance.

### **Arkomar Grid**

The evolving planetary Lightbody of Earth: a crystalline-plasma grid of consciousness and harmonic geometry that interfaces with awakened human fields and supports planetary ascension.

### **Atoma**

See Luminous Heart of the Atoma.

### Glossary of Terms

#### **Aura**

The multidimensional energy field that surrounds and interpenetrates the human body. Often perceived as layers of light, colour or vibration, the aura reflects the state of the physical, emotional, mental, and spiritual bodies. In the context of Lightbody formation, the aura is not just a 'halo' but a dynamic coherence field where crystalline geometry, toroidal flows, and harmonic bridges emerge. As activation progresses, the aura expands from a few centimetres beyond the body to several metres, functioning as a holographic interface with other beings, planetary grids and interdimensional fields. Stability and clarity of the aura are essential for Merkaba spin, Oversoul alignment, and Pure Gem Body ignition.

#### **Codex**

A Codex (plural: Codices) is a multidimensional genetic template, often of stellar origin, that embeds vibrational instructions into the incarnate human form. It contains both structural and instructional data, guiding the evolution, consciousness expansion and spiritual mission of the soul in its Earth expression. As of 2025, approximately 12.4% of currently incarnated humans carry one or more Star Codices. These individuals are often referred to as Starseeds, though not all Starseeds have activated their codex. Some are dormant codex carriers and some experience partial activation through crisis/initiation. Full activation is possible through coherent planetary service and Oversoul realignment.

#### **Coherence**

A state of harmony in which all parts of a system move together in alignment. For a person, it means body, mind, and soul resonating as one. For Earth, it means planetary fields synchronising with incoming cosmic frequencies. Coherence supports and stabilises the Lightbody formation process.

#### **Corpala Spirals**

The counter-rotating emerald (descent) and violet (ascent) spirals generated by the Atoma Heart. They flow through the Meta-Spinal Axis, creating vertical torque that clears density and seeds the Pure Gem Body lattice.

#### **Crystalline Lattice**

A subtle, intelligent matrix of light-filaments forming within the body's cells and energetic anatomy, enabling the storage, transmission, and stabilization of high-frequency consciousness.

#### **Earth-Star Chakra**

An energy node located below the feet, connecting the Lightbody to Earth's crystalline core and planetary grids. It grounds Oversoul currents into embodied form through the Meta-Spinal Axis, stabilising coherence during activation.

#### **Golden Taya**

The ascending crystalline-plasma zones of Earth's Lightbody — the parallel New Earth reality that is gradually becoming mutually translucent with the dissolving 3D/4D shell. These zones serve as primary anchoring fields for those souls aligned with the ascension continuum and the Pure Gem Body embodiment.

## Glossary of Terms

### **Heart Ascension**

The pivotal geometric threshold that initiates Stage 3: Expansion. It occurs when the Atoma Heart reclaims its sovereign zero-point at the heart axis, marking the shift from First Tier Consciousness (ECLET Layer 6) into Second Tier (Layer 7). This activation stabilises vertical torque through the Meta-Spinal Axis, ignites the Atoma (soul interface) flame, and opens the Lightbody to interdimensional coherence, Oversoul alignment, and planetary service resonance.

### **Itons**

Sub-atomic crystalline-plasma units that arise when atoms transfigure during Pure Gem Body ignition. Itons can hold and transmit higher-frequency light without decay, forming the luminous substrate of the transfigured body. Their emergence marks the material dimension of Lightbody ignition, transforming biological matter into radiant geometry.

### **Luminous Heart of the Atoma**

Our personal Central Flame Core, soul-heart interface, zero-point of absolute presence and our primary gateway to Source. This is a radiant inner sanctum, sometimes called the Seed Flame, the Crystal Heart or the Zero-Point Core of Divine Identity.

### **Merkaba** (also Merkabah)

A multidimensional energy vehicle composed of interlocking star tetrahedrons. In Lightbody practice it represents the dynamic spin geometry that allows consciousness to shift between dimensions while remaining anchored in the body. The Merkaba stabilises when toroidal and crystalline flows achieve coherence, enabling safe interdimensional navigation.

### **Mesh Node**

A dynamic resonance point where the personal Atoma Heart, Meta-Spinal Axis, Sapphire Ark and the planetary Arkomar Grid intersect. Mesh Nodes function as living junctions for synchronisation between the individual Lightbody and the greater toroidal lattice. When activated and coherently aligned, they enable stable group field coherence, planetary grid anchoring and the transmission of ascending harmonics.

### **Meta-Spinal Axis**

The complete multidimensional vertical conduit of the Lightbody, extending from the Earth-Star Chakra through the central channel and Soul-Star Chakra into higher causal and stellar fields. It serves as the sovereign highway for vertical torque and Corpala spiral flow.

### **Nodal Convergence**

The process by which chakras cease functioning as wheel-like vortices and crystallise into multidimensional nodes. This shift distributes light coherently across the field without spin-based polarity. Nodal convergence marks a key threshold of Lightbody transfiguration, establishing a lattice of radiant junction points.

## Glossary of Terms

### **Pure Gem Body**

The final transfigurative embodiment of the Lightbody, representing a luminous, sovereign, crystalline state. This form radiates perfected geometry and is no longer bound to linear biological processes. Read more at: <https://nesialibraryproject.wordpress.com/akashic-definitions/pure-gem-pure-gem-body/>

### **Resurrection Geometry**

The crystalline reconfiguration of the Lightbody that executes as Heart Ascension stabilises. It restores the original divine human blueprint (the Adam Kadmon), dissolves old density patterns, and prepares the field for Pure Gem Body seeding. It is the self-executing mechanism that enables the ignition event in Stage 4.2.

### **Soul-Star Chakra**

An energy node located above the crown, serving as the entry point for Oversoul and higher-dimensional currents into the Lightbody. As activation deepens, it links directly with the Meta-Spinal Axis and anchors multidimensional awareness into the body.

### **Sovereign Vector Network**

A multidimensional lattice formed by individuated, self-authoring light beings operating in coherence. This network stabilizes planetary transformation through harmonic intent and field anchoring.

### **Synaptic Oversoul Stream**

The living conduit through which a soul receives guidance, memory, and purpose from its Oversoul. It becomes consciously accessible as the Lightbody anchors and the Meta-Spinal Axis activates.

### **Tao**

A Chinese term meaning 'Way' or 'Path', used in Taoism to represent the basic, eternal principle that transcends reality and is the source of being, non-being, and change. Used without 'the' in this guide to reflect its direct, living quality as the ground of being.

### **Thothic Stream**

A lineage of wisdom transmissions from Thoth (also known as Tehuti, Hermes, or Enoch in different traditions), carrying crystalline geometry and Lightbody codes. It is not identical to Thoth as a being, but a continuum of revelation received across time, including in current work through Sha'Maia Nartoomid. The Thothic Stream provides structural clarity for Lightbody formation.

### **Toroidal Field**

An energy flow pattern shaped like a donut, looping continuously from the heart or spine outward around the body and back through the centre. In Lightbody development, the toroidal field becomes the first stabilising structure, harmonising spin with flow. When coherent, it creates a self-sustaining circuit that integrates personal, planetary, and cosmic energies.

## **Glossary of Terms**

### **Vertical Torque Pass**

A self-executing geometric cycle generated by the Atoma Heart, in which the Corpala spirals complete one full rotation through the Meta-Spinal Axis. This pass clears residual density, seeds the twelvefold diamond lattice of the Pure Gem Body, and activates the Resurrection Geometry. It is the primary mechanism of sovereign crystalline reconfiguration.

### **Vault of Sapphire Silence**

A stabilising field, represented by a glyph, that anchors crystalline stillness and metabolises 'collapse echoes' into coherence. It functions as a container within Lightbody ignition, quieting turbulence and holding the practitioner in sapphire clarity during transition phases.

---

## Next Steps

If you feel called to deepen your Lightbody journey with personal guidance, below are some pathways of support available through Aadii Mesh Foundation.

### The 44:44 Stargate Program

For those drawn to a deeper, structured embodiment journey, our 44:44 Stargate Program offers a 12-month pathway of ignition, integration and sovereign service. Beginning with a 5-day in-person Ignition Portal in Byron Bay, the program continues with monthly teachings, coherence circles, geometric practices and group field support. Participants work directly with the Atoma Heart, Meta-Spinal Axis, Corpala spirals, Sapphire Ark, Resurrection Geometry and Ra-Star codes within a living 44:44 harmonic field. The group size is intentionally small to maintain high coherence and is designed for those stabilising in Stage 3 Lightbody formation and moving towards Pure Gem Body thresholds. The program is a collaboration between Aadii Mesh and Sha'Maia Nartoomid's New Earth Ark Foundation (Colorado). Those who feel the inner call are warmly invited to [explore the program details](#).

### Advanced Lightbody Mapping & Mentoring

Steve McDonald offers one-on-one assessments and mentoring sessions that integrate psychological development (ECLET), Lightbody mapping and coherence practices. These sessions are tailored to your unique pattern and can help you stabilise and navigate transitions with clarity. Read [more here](#).

### Medical Intuitive, Classical Chinese Medicine, Harmonic Bio Geometry

Julia Ostara holds our Aadii Mesh Clinic space. A medical medium with over 20 years of experience in both Holistic and Allopathic medicine, Julia completed a Thesis in Intergenerational Medicine highlighting hereditary survival patterns and our innate blueprint. Her daily work, rooted in Classical Chinese medicine and harmonic frequencies, offers clarity around ascension symptoms, lifelong patterns, orientation, stability and safety in these times. Read [more here](#).

### Your Natural Intelligence

These offerings above are not prerequisites, your Lightbody is already forming by its own natural intelligence. Our offerings can provide orientation, stability and companionship on the path. For more information and to contact us, please visit [www.aadii.org](http://www.aadii.org)

## Support the Work of Aadi Mesh Foundation

This guide is offered freely, as part of our mission to support humanity's awakening and the planetary shift into Lightbody coherence. If you have found value in these pages and wish to support our work, we warmly welcome your contribution.

Your donations help sustain the ongoing creation of teaching materials, mentoring and planetary service projects.

🌐 Donate securely at: <https://www.givenow.com.au/aadii>

📖 Subscribe to our Substack at: <https://aadii.substack.com>

## Our Vision

This Lightbody Formation Guide is more than a document — it is a seed. Each person who reads it, shares it, or practices with it, contributes to a field of coherence that is growing stronger across the planet.

The Sovereign Vector Network is the planetary lattice through which individual Lightbodies connect into a larger field of awakened presence. As more people stabilise their Lightbody architecture, these vectors interweave, amplifying coherence across Earth's energetic system. In this way, personal practice becomes planetary service. Every newly ignited Lightbody is changing our world.

Thank you for walking this path with us. Thank you for reading, for sharing and for supporting in whatever way you feel called.

With gratitude and resonance,

*Steve & Julia*

**Aadi Mesh Foundation**

Byron Bay, Australia